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Interested in going paperless? Want e-mail version?

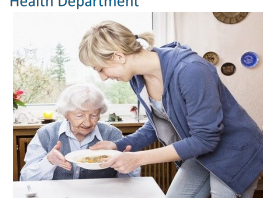
Check it out!!

<https://mailchi.mp/00959fcf4d9b/caregiversupportdc>

Sign up and Enjoy Today!!



Senior Services | 801-525-5050 | [www.daviscountyutah.gov/seniors](http://www.daviscountyutah.gov/seniors)



## The Caregiver Telegram

## OCTOBER 2019

### Nutrition - Forgetting to Eat

Older adults are more susceptible to malnutrition because the stomach empties more slowly in later years, and the sight, smell and taste that used to make eating so enjoyable are diminished.

Additionally, factors such as poor mobility, mental health, trouble swallowing, money worries, chronic illness and medication and mental health can contribute. To fight malnutrition, the first step is to find the root of the cause.

Take Alzheimer's Disease (AD), for instance, has three different stages. The ability of a person with AD to make good food choices to use utensils correctly, to chew and swallow his food, and to sit at the table changes over the course of the illness. They need more and more help eating as time passes.

#### Early Stage:

- May not need to do anything special when preparing food
- May need to help with choosing a healthy diet
- Can continue to eat without help for quite a while

People with AD seem to have a sweet tooth. Ice cream and other can be used to encourage them

#### Middle Stage:

- Will need help choosing appropriate foods
- May want to eat only food that is not healthy
- Don't become the food police and say "no" all the time.
- Keep healthy food readily available.
- When offering food, don't clutter the plate.
- When necessary, cut food into bite-size pieces
- Be aware they may add too much salt or pepper on their food or put sugar rather than salt

People may be easily distracted while eating, so keep the environment calm. Turn off the TV. Put music on the radio rather than a talk show.

#### Severe Stage

- Will have to puree all the food
- Feed the person all the time
- Be sure the person is sitting up straight enough so he will not choke
- May want to drink for a bottle. This may be an effective way of feeding them.

visit: <http://www.co.davis.ut.us/docs/librariespro/vider5/family-health-documents/caregiver-assis>

### Alzheimer's Association Dementia Caregiver Support Groups

-Bountiful Western Peaks Speciality Hospital 485 E. 500 S. (lower Level), 1st & 3rd Thursdays @ 3 - 4:30pm  
-Layton Hill Air Force Base/Warrior Fitness Center Bldg 533, HAWC Classroom, Meeting 2nd Monday @ 11a - 12pm **\*Must have military ID to attend\***

### 24/7 Alzheimer's Support Helpline

800- 272-3900 and TDD 1- 866-403-3073

### The NAMI Connection Support Group

which helps those living with brain disorders/mental illness, will meet from 7 p.m. to 8:30 p.m. every Wednesday, at the IHC Clinic, 390 N. Main, in Bountiful.

-North Family Support Group, North Davis Senior Center, 42 S. Main, Clearfield. For further information, call Mike Prinster, 801-499-1398; or Noni Dangerfield, 801-547-9313.

-South Family Support Group, IHC Clinic, 390 N. Main St., in Bountiful.

For further information, Cindy Bull, 801-698-2661.

### S.A.G.E./LGBTQ

Salt Lake City area -Tenth East Senior Center

Ogden area- Washington Terrace Senior Center- Make new friends and get to know other LGBTQ older adults near you. For more information Call: (385) 468-3140

### Parkinson's Support Group



## MEDICARE OPEN ENROLLMENT

October 15 - December 7

ship state health insurance  
assistance programs

Are you having trouble comparing plans/considering your options? Davis County Senior Services has Medicare Counselors available to help, by appointment only, at the following locations:  
Davis County Health Department  
Central Davis Senior Center  
South Davis Senior Center  
Call 801-525-5050 for an appointment.



Call 801-525-5050 to set up an appointment at the Senior Center near you!



## THE ACTIVITIES JAR

### What's happenin' around you....

★ North Davis Senior Activity Center  
42 S State Street, Clearfield UT 84015 #801-525-5080

★ Central Davis Senior Activity Center  
81 E Center Street, Kaysville UT 84037 #801-444-2290



**Halloween Costume Party!!**  
Oct 31st @ 11:30am  
Costume Contest! Treats!  
Sign up for your lunch(s) now!

**Halloween Costume Party!!**  
Oct 31st @ 11:30am  
Costume Contest! Treats!  
Sign up for your lunch(s) now!

★ South Davis Senior Activity Center  
726 South 100 East, Bountiful UT 84010  
801-451-3660

**Halloween Costume Party!!**  
Oct 31st @ 10:30 am  
Costume Contest! Games! Treats!  
Sign up for your lunch(s) now!



## OCTOBER: FUN FACTS!!

**2nd - NAME YOUR CAR DAY!!!!** Does your car have a name? Lots of people name their cars. People with big boats, name their boat, and we think nothing of it. So, why not name your car or truck!?

**6th - MAD HATTER DAY!!** The Mad Hatter is always acting silly. So, on *Mad Hatter Day*, it is only fair and fitting to act a little silly yourself. On the front of the hat is a slip of paper with "10/6" written on it. The paper is believed to be an order to make the hat, and that it costs ten shillings sixpence. AND DID YOU KNOW??? In the 8th Century, mercury was used in hat making in a process called "carroting". Mercury poisoning drove some hatters crazy (mad).

**21st - COUNT YOUR BUTTONS DAY!!** Always on Oct 21st. Aren't you excited!? The very first question you must be asking is "Why!?" Well, we don't know why. And, it might be better that we don't know. So here it is, staring you in the face. A wild and wacky day with absolutely no history to define its purpose for being. One might suggest that the creator of this wacky day, was himself a bit wacky. SOMEONE WITH A LOT OF TIME ON HIS HANDS.

**31st - HALLOWEEN!!!!** Halloween's roots can be traced back to Celtic culture in Ireland. According to their "Druid" religion. This is an evil night when spirits roamed the streets and villages. **DRESS UP FOR HALLOWEEN!!!**

<http://holidayinsights.com/moreholidays>

## Educational Corner

### Medicare

#### Medicare 101 Class

Free Medicare Information classes for those turning 65 or those that will be retiring soon.

**Classes:** (wed) Oct 16th @ 6:30-7:30 - Clearfield Library.



**Do you need help with Prescriptions costs?**

Is your Monthly income:  
Single: less than 1,485  
Married: less than 2,003  
Are your Assets:  
Single: less than \$13,640  
Married: less than \$27,250

You may be eligible for help paying for prescription drug costs  
Call Davis County Senior Services  
SHIP/SMP at  
801-525-5050 opt 5



### Dementia Dialogues™

#### Dementia Dialogues

Dementia Dialogues is a three-week learning experience designed to educate caregivers of persons who exhibits signs and symptoms associated with Alzheimer's Disease or related dementia. **Workshop:** Tuesdays. Nov 5th, 12th, & 19th 6 - 8:30pm @ Petersen Farms Asst Living 6980 S 475 E, South Weber, UT 84405

Email: [swafihospice@gmail.com](mailto:swafihospice@gmail.com) or call Amber 801-546-7417 OR Sheryl 801-525-5127.

### Living Well with Chronic Conditions

The workshop is goal-orientated and shown to improved health outcomes for people looking to better manage their Condition. Free six-week workshop.  
**Workshop:**  
To sign up, call Priscilla 801.525.5087

## Stepping On

### Stepping On - Building Confidence and Reducing Falls

Stepping On is a seven-week workshop where you will learn exercises and strategies to help you stay strong, active, and independent. Avoiding falls is key to your independence.

To sign up, call Priscilla 801.525.5087 or visit: [Livingwell.utah.gov](http://Livingwell.utah.gov) - Fall Prevention

## Spotlight!!

### The VA Program

It's called the Veteran-Directed Home & Community Based Services (VD-HCBS). Where Veteran directs their own care.

They are able to decide:

- What services are needed
- When services will be provided
- Where services will be provided
- How services are provided

As part of VD-HCBS, enrolled Veterans are:

- Given a budget in order to hire their own personal care aides and purchase needed items and services
- Responsible for following program guidelines
- Responsible for recruiting, interviewing training, supervising and evaluating their own support